

National Healthy Homes Month 2016 Toolkit



Recommended Activities, Resources
and Social Media Messaging Guide



Table of Contents

1. Letter from the Acting Director	Page 3
2. About National Healthy Homes Month.....	Page 4
3. Guide to NHHM 2016.....	Page 5
a. How does this connect to our business or agency.....	Page 7
b. Recommended Activities.....	Page 8
i. Specific for Health Care Providers.....	Page 9
ii. Specific for Grantees.....	Page 10
4. Capturing Success and Participation: Count the Ways!	Page 11
5. 2016 NHHM Calendar of Events	Page 14
6. Resource Bank:	Page 15
a. OLHCHH Publications and Resources.....	Page 16
b. Printable and Customizable Tools.....	Page 17
i. Sample Proclamation.....	Page 17
ii. Sample Press Release.....	Page 18
iii. Sample Flyer/Poster	Page 19
iv. Fact Sheets.....	Page 20
c. Social Media – Let’s Trend!	Page 22
7. Contacts at OLHCHH for more information	Page 25
8. Grantee Contact List	Page 27

Letter from the Office of Lead Hazard Control and Healthy Homes Acting Director



OFFICE OF LEAD HAZARD CONTROL
AND HEALTHY HOMES

U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT
WASHINGTON, DC 20410-3000



April 1, 2016

It is often said that home is where we begin and finish our day, where our families live, play and grow, and where we should have a feeling of comfort and safety.

My Office's mission is to help ensure that all Americans live in homes that are free of significant health and safety hazards. Since we feel strongly that we play an important role in providing healthy and safe homes for families, and especially their children, we are excited to announce the celebration of the first annual *National Healthy Homes Month*.

This June, we are launching an outreach campaign to raise awareness about health and safety hazards and the ways we can protect families we serve from these hazards. The 2016 theme is "Everyone Deserves a Safe and Healthy Home." We invite you to participate in *National Healthy Homes Month* and celebrate the work we – and you – do to make homes safe and healthy.

A healthy and safe home is one that incorporates the principles of a healthy home, which include keeping your home dry, clean, pest-free, safe, contaminant-free, well-ventilated, maintained and with adequate temperature controls in place. Because Americans spend about two-thirds of our time in a residence – our own home, or a family member's or a friend's – home safety and health is an important part of our feeling and being safe and healthy.

Let's join together in making *National Healthy Homes Month* a success! We have developed this tool kit to provide guidance and resources to help you plan and promote awareness activities in your community. I am looking forward to working with you to spread the word about the importance of safe and healthy homes, and hope to hear about the results of your efforts.

Sincerely,

Michelle Miller
Acting Director
Office of Lead Hazard Control and Healthy Homes

www.hud.gov

espano.hud.gov





National Healthy Homes Month

June 2016 will mark the first annual National Healthy Homes Month. *National Healthy Homes Month* (NHHM) is an outreach campaign designed to create awareness about and action around home health and safety hazards and to empower families to learn how to create the healthiest home possible for their family. The month is designed to encourage and promote organized community events; and increase healthy homes awareness. The month will also highlight federal and local resources that are available to make a difference in the places where families live, play and grow.

The U.S. Department of Housing and Urban Development's (HUD's) Office of Lead Hazard Control and Healthy Homes (OLHCHH) is coordinating with other offices within HUD and with other federal agencies to encourage families to take action around the Principles of a Healthy Home during National Healthy Homes Month. The Principles are:

1. **Keep your home Dry**
Mold and Moisture increase allergens and asthma triggers and can cause deterioration of your home.
2. **Keep your home Clean**
Clean homes help reduce pest infestations and exposure to contaminants.
3. **Keep your home Pest-Free**
Many pest treatments that pose risks for families with health problems or expose young children and pets to poisonous residue. Non-pesticide treatments are best for a first line of defense.
4. **Keep your home Safe**
A majority of injuries among children occur in the home. Falls are the most frequent cause of residential injuries to children, followed by injuries from objects in the home, burns, and poisonings.
5. **Keep your home Contaminant-Free**
Chemical exposures include lead, radon, pesticides, and environmental tobacco smoke. Exposures to radon gas, carbon monoxide, and second-hand tobacco smoke are far higher indoors than outside.
6. **Keep your home Ventilated**
Studies show that increasing the fresh air supply in a home improves respiratory health. Air filters in HVAC units collect and protect families from many particulates found in the air.
7. **Keep your home Maintained**
Poorly-maintained homes increase the risk for deteriorated lead-based paint in older housing which is the primary cause of lead poisoning in children less than 6 years of age.
8. **Keep your home Temperature Controlled**
Houses that do not maintain adequate temperatures may place the safety of residents at increased risk from exposure to extreme cold or heat.



Your Guide to NHHM 2016

National Healthy Homes Month (NHHM) will be held for the first time during June 2016. This month-long celebration offers an opportunity to learn more about housing and its impact on health and provides resources to encourage local activities as well as empowers families to protect themselves from hazards in their home. June's outreach activities aim to greatly boost awareness and understanding of what federal and local resources are available to make a difference in the lives of all residents, regardless of where they live.

HUD's Office of Lead Hazard Control and Healthy Homes (OLHCHH) is coordinating the efforts of NHHM. Thanks to the support and collaborations with other federal agencies and partners; NHHM will provide a deliberate, coordinated and holistic approach to creating healthy and safe homes. Creating a holistic approach includes efforts to combine activities related to:

- Childhood lead poisoning prevention
- Residential asthma intervention
- Injury prevention
- Smoke free public housing
- Safe indoor pest control
- Radon Safety
- Disaster Recovery

The expected outcomes of NHHM include encouraging current and new healthy home partners to coordinate efforts and work efficiently and holistically together especially around these topics. NHHM provides an opportunity to highlight and promote events that facilitate awareness, instill advocacy, and adoption of healthy homes policies and standards that protect the most vulnerable populations.

How to use the NHHM Toolkit?

The target audiences for the scope of activities are comprised of state and local government agencies, nongovernmental organization, nonprofit organizations, property owners and individual families especially those with small children.

To Help You Plan

Each week in June, NHHM will focus on the "Principles of Healthy Homes" and associated set of activities. The themes are designed to highlight the paired topics. When you get your activities planned consider letting us know about them! We would love to hear about the event planning and results.

NHHM Weekly Themes 2016

WEEK	THEME/FOCUS	“Keep It” Focus	Main Message
June 1-4	Change is in the Air!	Keep it Ventilated Keep It Contaminant Free	Reducing the hazards in the air you breath can have positive impacts on your health
June 5-11	Sherlock HOMES!	Keep it Dry Keep it Pest Free	Be a detective to find water leaks and entryways for pests around the house
June 12-19	Door To Door!	Keep it Clean Keep it Safe	Some cleaning habits and protection measures are important for the entire home
June 20-27	Ready, Set, Go!	Keep it Maintained Keep it Temperature Controlled	A maintenance plan will keep a home safe and healthy and ready for extreme temperatures
June 28-30	Write on Time!	Policy, Standards and Local Regulations Challenge Week	Now is the time to talk to community leaders about adopting Healthy Homes Policy and Standards

Benefits of participating in National Healthy Homes Month

The NHHM also offers a prime opportunity to celebrate the successes of the Healthy Homes Community such as the over 190,000 housing units that have been made lead-safe from OLHCHH's grant program nationwide. The month and associated outreach serves to build support for the ongoing goals of the federal healthy homes strategy document: Advancing Health Homes: A Strategy for Action.

The overarching NHHM theme, "Everyone Deserves a Safe and Healthy Home" invokes the concepts that:

1. Health and housing are interconnected.
2. Having and maintaining a healthy home is important to the overall health and safety of families and communities.
3. Health and home safety are attainable for all.



In addition to Healthy Homes specific strategic goals, the multifaceted impact of home hazards on health can be seen in the framework and goals of Healthy People 2020. This framework is highly valued and utilized by state, city and local health departments for prioritizing resources and goals that impact local communities. The Healthy People 2020 mission identifies twelve leading health indicators that correlate to the impacts of a home environment. Environmental quality and injury prevention are two of the indicators which include specific goals that directly measure the impacts of healthy homes hazards that are also prioritized in healthy homes policy and standards.



The Public Health Accreditation Board (PHAB) also connects to healthy homes policy and standards. The PHAB identifies twelve domains that ensure a public health agency is engaged and meeting the needs of a community. The PHAB domains including assessment, community engagement, and policies and planning and public health laws, all tie to the recommended activities for NHHM.

The NHHM observance month is an opportunity to highlight the dangers of residential hazards for people of all ages, but especially children and other vulnerable populations in low-income households and to promote community involvement in prevention, on a national, state, city, and community level.



Recommended Activities for National Healthy Home Month

We invite you to participate in National Healthy Homes Month. Here are some of the ways to get involved:

1. Promote National Healthy Homes Month and activities on social media.
2. Promote and highlight NHHM by posting a link on your website.
3. Develop and send letters of support for NHHM to OLHCHH for inclusion in website and marketing materials.
4. Attend the NEHA 2016 AEC HUD Healthy Homes National Conference in San Antonio June 13-16, 2016 and represent your agency's efforts and commitment to advancing policy and standards that secure holistic adoption of HH principles across disciplines and work standards.
5. Request all partners to distribute marketing materials to the populations being served by the federally funded programs as applicable to common goals and strategies.
6. Host programs and activities designed to enhance public awareness of home health and safety hazards and the ways we can protect our families from these hazards.
7. Encourage local leaders to sign proclamations establishing June as National Healthy Homes Month.





Health Care Provider Recommended Activities:

1. Become an educated ADVOCATE for Healthy Homes Principles! Require training to be completed and encourage staff to take steps in their own homes to become the experts on healthy homes principles and the resources available nationally and locally. Check out training opportunities online and through the National Training Center at www.healthyhousingsolutions.org
2. Identify and provide education in patient rooms and lobbies that encourage healthy homes awareness and identify community resources available, such as fact sheets and self-guided home assessments available on our website. Set up a creative display of healthy homes materials and, or examples of hazards using a doll house or art work.
3. Perform blood lead level screening on all clients ages 0-6 years old and pregnant women regardless of housing zip code or insurance status. Educate families about lead based paint hazards in their home environment and commit to tracking blood lead levels as a timeline indicator of when exposure occurred.
4. Incorporate protocols that would ensure healthy homes environmental assessments and medical screenings were included in all populations for the families you serve.
5. Attend the NEHA 2016 AEC and HUD Healthy Homes National Conference in San Antonio June 13-16, 2016.

OLHCHH Grantee Recommended Activities:

Capturing Success and Participation

Activity Tracking and Reporting

COUNT THE WAYS

NHHM has a list of activities that are recommended and encouraged to complete during the month of June 2016. In an effort to link evidence of value and commitment to Healthy Homes Principles, the first year of NHHM is tied to measurable goals that will better focus the next year's activities and goals set.

For the first annual NHHM month, the following groups are encouraged to collaborate directly with OLHCHH Headquarters to voluntarily report results of the completed activities recommended.

HOW DO I REPORT?

Send any and all contributions of time and support documentation to OLHCHH@hud.gov OR Submit online at www.hud.gov/healthyhomes Look for the link that says: 'Count the Ways! Report NHHM Activities.' A fillable form will be accessible from the link that will capture all or part of the requested items. Please email the completed forms to the OLHCHH contact for reporting Shannon.e.steinbauer@hud.gov. NOTE: This form can be submitted multiple times as activities are completed by the same agency or once at the end of the month.

Federal and National Partners:

- Contribute a support statement to use with materials for NHHM **2016 Measure:** [# of support statements received by individual agencies](#)
- Attend the NEHA 2016 AEC and HUD Healthy Homes Conference in San Antonio, TX June 13-16, 2016 **2016 Measure:** [# of registrations](#)

State, City and Local Agencies/Community Organizations:

- Facilitate a neighborhood event that pulls partners and organizations together to learn about services available, organize and promote Healthy Homes Essentials training and home self-assessment tips. **2016 Measure:** [# of events and # of attendees](#)
- Attend the NEHA 2016 AEC and HUD Healthy Homes Conference in San Antonio, TX June 13-16, **2016 Measure:** [# of registrations](#)

Health Care Providers:

- Place outreach materials for awareness and advocacy in your organization's lobby, break room, newsletters, mailers, and announcements. **2016 Measure** [# of providers that provided materials](#)
- Adopt patient care protocols that include home assessments for all children with asthma as part of the overall prevention and treatment standard. **2016 Measure:** [# of offices that adopt inclusive](#)

patient care protocols that include environmental and physical screenings for environmental health impacts

- Increase blood lead level screening of all children under the age of 6 years of age for lead hazard exposure with testing on site regardless of insurance carrier or high risk group. (Increase 0-6 YOA population served that has completed at least one blood lead level screening.) **2016**

Measure: #totals screenings completed (Preference to also have a base line of the testing rate for the same month 2015 but not required to report)

Neighborhood Housing and City Government:

- Hold informational sessions with property management groups, landlords, public housing agencies, and multi-family housing and city leaders regarding Smoke Free housing and how to adopt and enforce this in your city assisted housing stock. **2016 Measure:** # of sessions held, # of Attendees
- Attend the NEHA/AEC and HUD OLVCHH National Healthy Homes Conference and represent your community's need for federal and national commitment to advancing policy and standards that secure holistic adoption of HH principles across disciplines and work standards **2016**

Measure: # of registrations

Grantees:

- Attend the NEHA 2016 AEC and HUD Healthy Homes Conference in San Antonio, TX June 13-16, 2016 and represent your community's need for federal and national commitment to advancing policy and standards that secure holistic adoption of HH principles across disciplines and work standards **2016 Measure:** # of registrations
- TRY YOUR HARDEST TO: Identify five health care providers that agree to post NHHM materials and HH education in lobby, patient rooms and assessments. Encourage an increase of efforts to screen all children ages 0-6 years of age regardless of zip code and insurance status. **2016 Measure:** # of Health Care Providers that provide materials
- DO YOUR BEST TO: Ramp up efforts for Unit Production! Use the month to gain support in the community and gain applications and complete units during the first national observance of NHHM. **2016 Measure:** # of application and # of units completed during June 2016.

Count the Ways! 2016 National Healthy Homes Month

Voluntary Activities Report

Please consider taking a moment to tell us all the great things that happened in NHHM 2016; we would love to hear about them! This form can be filed as many times as needed by any single participating individual or agency or may reflect the entire month's efforts. Please be sure to complete all fields and submit the form to OLHCHH@hud.gov through August 1, 2016. Thank you for your time to report! Find a MS Word version at www.hud.gov/healthyhomes

For questions on reporting contact: Shannon.e.steinbauer@hud.gov

Name of reporting individual or agency name:

Event Type: Please include any dates as applicable

*Neighborhood Event- # of attendees*_____

*Health/Housing Fair: # of attendees*_____

*Display in Lobby: # of viewers/clients during time period available*_____

*Meeting with target group: # of attendees and target group name*_____

Blood Lead Screening Event: # tested, # tested in same month last year:

Outreach to health care providers: # of Health care providers reached, # of toolkits provided:

General Outreach Event/Other: Offer any info (type of event and # of attendees):

Support Statements, success stories, experiences and recommendations for next year:



Special Events:

June 3rd

San Antonio School District NHHM Art Contest – Finalists will be displayed at HQ and at the NEHA/AEC HUD Healthy Homes Conference

June 7

Check out the webinar on weatherization and green rehab hosted by OLCCHH! Link in at www.hud.gov/healthyhomes

June 11-13

Build a Healthy Neighborhood Event in San Antonio, TX!

June 13-16

NEHA/AEC and HUD Healthy Homes Conference San Antonio, TX

June 13

HUD Secretary Awards for Healthy Homes announced

June 21

June is National Safety Awareness Month

June 27

10th Anniversary of the Surgeon General's Report on the impact of second hand smoke



NHHM JUNE 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
"Change is in the Air" Keep It Ventilated Keep it Contaminant Free			1	2	3  <small>© Can Stock Photo</small>	4
5 "Sherlock Homes" Keep it Dry Keep it Pest Free	6	7 Check out the webinar today! 	8	9	10	11 
12 "Door to Door" Keep it Clean Keep it Safe	13 	14 	15 Download the HH App today! 	16	17	18
19 "Ready, Set, Go" Keep it Maintained Keep it Tem Controlled	20	21 	22	23	24 Download the REBUILD App today! 	25
26 "Write on Time" Policy, Standards and Local Regulations Challenge	27 	28	29	30		

Resource Bank

This section will feature the tools and publications OLHCHH has prepared for partners to use for NHHM. These tools are free to download and customize as needed for planned events and outreach. Find more information and edit friendly version of these resources online at www.hud.gov/healthyhomes.

Featured Technology to use in outreach materials and activities associated with NHHM:

- **Healthy Homes App**

This app brings the wealth of practical how-to guidance from the “Everyone Deserves a Safe and Healthy Home” publication to your mobile device for handy use. Now you can “get in the know on the go.” Download it now and make this your first step towards a safe and healthy home! Available May 2016!



- **NHHM QR code**

This QR code can be scanned through an app on your smart phone! Once you scan it will take you directly to the National Healthy Homes Web page on the hud.gov website. QUICK AND EASY!



- **NHHM Logo!**

Use on all your outreach materials, websites and events!



Quick Reference Guide to Publication and OLVCHH Resources

**Office of Lead Hazard Control and Healthy Homes
National Healthy Homes Month 2016**



Everyone Deserves a Safe and Healthy Home
A publication for consumers and stakeholders, summarizes healthy home "how-to's" for families and professionals.

Healthy Home Checklist
A guidance document to motivate individual and community stakeholders for healthy home.

Advancing Healthy Housing
A Strategy for Action is a guidance document to all federal and community stakeholders toward sustaining action through policy.

CHANGE IS IN THE AIR
A "how-to" guide will assist Public Housing Managers to adopt and enforce a smoke-free housing policy.

AVAILABLE NOW
Healthy Homes App
This app brings the wealth of practical how-to guidance from the Everyone Deserves a Safe and Healthy Home publications to your mobile device for handy use. Now you can "get in the know on the go". Download it now and make this your first step towards a safe and healthy home!

Download on the **App Store**
GET IT ON **Google play**

Videos
* Lead and Healthy Homes Consumer Video
* Lead and Healthy Homes Stakeholder Video
Videos can be viewed at:
www.youtube.com/user/HUDchannel

www.hud.gov/healthyhomes

The Quick Reference tool is a great way to raise awareness about National Healthy Homes Month to your organizational staff and partners! Download it at www.hud.gov/healthyhomes



The 8 Principals of a Healthy Home

- **Keep your home Dry:**
Damp houses provide a nurturing environment for mites, roaches, rodents, and molds, all of which are associated with asthma.
- **Keep your home Clean:**
Clean homes help reduce pest infestations and exposure to contaminants.
- **Keep your home Pest-Free:**
Recent studies show a causal relationship between exposure to mice and cockroaches and asthma episodes in children; yet inappropriate treatment for pest infestations can exacerbate health problems, since pesticide residues in homes pose risks for neurological damage and cancer.
- **Keep your home Safe:**
The majority of injuries among children occur in the home. Falls are the most frequent cause of residential injuries to children, followed by injuries from objects in the home, burns, and poisonings.
- **Keep your home Contaminant-Free:**
Chemical exposures include lead, radon, pesticides, volatile organic compounds, and environmental tobacco smoke. Exposures to asbestos particles, radon gas, carbon monoxide, and second-hand tobacco smoke are far higher indoors than outside.
- **Keep your home Ventilated:**
Studies show that increasing the fresh air supply in a home improves respiratory health.
- **Keep your home Maintained:**
Poorly-maintained homes are at risk for moisture and pest problems. Deteriorated lead-based paint in older housing is the primary cause of lead poisoning, which affects some 240,000 U.S. children.
- **Keep your home Temperature Controlled:**
Extreme temperatures inside and outside of your home can impact the physical materials the home is built with and create a welcome environment for mold.

U.S. Department of Housing and Urban Development
Office of Lead Hazard Control and Healthy Homes
www.hud.gov/healthyhomes

Proclamation of Healthy Homes Month

If you are interested in promoting Healthy Homes Month in your state, contact your governor's office and ask how to submit a request for a Governor's Proclamation for Healthy Homes Month. Below is a sample proclamation.

Governor's Proclamation Proclaiming June as (Name of State) Healthy Homes Month

WHEREAS, home health and safety hazards, including physical safety hazards, lead-based paint, radon, mold, pests, and allergens, cause or contribute to a wide range of illnesses and diseases, including lead poisoning, asthma, cancer, and injuries;

WHEREAS, lead poisoning affects thousands of (name of state's) children under six;

WHEREAS, accidents in the home hurt thousands of (name of state's) people every year;

WHEREAS, hundreds of (name of state's) children die from chemicals stored and used improperly in the home;

WHEREAS, dozens of (name of state's) people die from carbon monoxide poisoning every year;

WHEREAS, many (name of state) families and households are unaware that their homes can have serious health hazards; and

WHEREAS, education and awareness about the dangers of unhealthy or unsafe housing can save (name of state) lives.

NOW THEREFORE BE IT RESOLVED, that Governor (name of Governor) proclaims June as (name of state) Healthy Homes Month; and

BE IT FURTHER RESOLVED that (name of state) citizens and government officials to observe this month with appropriate programs and activities designed to enhance public awareness of home health and safety hazards and the ways we can protect our families from these hazards.

Sample Press Release

Release Date: June 1, 2016

**Contact: YOUR NAME
YOUR NUMBER**

HUD DECLARES JUNE NATIONAL HEALTHY HOMES MONTH

Dateline/State In the U.S. today, people spend close to 90% of their time indoors. The first ever *National Healthy Homes Month* 2016 (NHHM), created by HUD's Office of Lead Hazard Control and Healthy Homes (OLHCHH), is an outreach campaign designed to help people connect the dots between their health and their home. This year's overarching theme "Everyone Deserves a Safe and Healthy Home", was chosen to create awareness of what it means to have a healthy home by educating families of potential health hazards in a home, and to empower people to make change in order to create the healthiest home possible for their family.

Currently, millions of U.S. homes have moderate to severe physical housing problems, including dilapidated structure; roofing problems; heating, plumbing, and electrical deficiencies; water leaks and intrusion; pests; damaged paint; and high radon gas levels. These conditions are associated with a wide range of health issues, including unintentional injuries, respiratory illnesses like asthma and radon-induced lung cancer, and lead poisoning. The health and economic burdens from preventable hazards associated within home are considerable, and cost billions of dollars.

National Healthy Homes Month (NHHM) was established to focus national attention on ways to keep people of all ages safe and healthy in their home. It is aimed at boosting awareness and understanding of what federal and local resources are available. The events planned throughout the month will serve as a public communications campaign to promote awareness and advocacy, encourage local events, and provide resources and support to drive families to take action.

For more information on National Healthy Homes Month 2016, please visit www.hud.gov/healthyhomes.



Sample Outreach Flyer



National Healthy Homes Month

June 2016

WRITE YOUR MESSAGE



PUT LOCAL CONTACT INFORMATION HERE



Fact Sheets- “5 Minutes” and “Is your home a healthy home?”



5 Minutes to a Healthier Home

Think you don't have enough time to make your home a healthier and safer place?

Think again!
You can do these steps in 5 minutes.

- Test your smoke alarm.**
Using smoke alarms in your home cuts your risk of dying in a fire in half.
- Wash your hands with warm, soapy water for at least 20 seconds (about the time it takes to sing the song "Happy Birthday" twice).**
Each year, about **48 million Americans get sick** from eating contaminated or improperly prepared foods.
- Make your home smoke free. Never let anyone smoke anywhere in or near your home.**
Parents are responsible for **90%** of their children's exposure to smoke.
- Program the number for poison control into your cell phone: 1-800-222-1222.**
Everyday in the United States, over 300 children ages 0 to 19 are treated in emergency departments for poisonings.
- Do a 3-minute "clean sweep."** Pick one small area of your home – like your junk drawer or stairs – and take 3 minutes to sort the items and get rid of what you don't need.
Clutter can collect dust, mold, and other allergens and gives pests a place to hide. If clutter is left on the floor or stairs, it can cause you to trip and fall.
- Check your locks.**
Make sure locks function correctly and can be operated by a child in an emergency.

Have 5 more minutes?
Log on to www.hud.gov/healthyhomes for information on topics like lead, mold, radon, asbestos, pests, and more!

Is your home a healthy home?



indoor air quality

Improve indoor air quality by eliminating second-hand smoke, carbon monoxide, dust mites, cockroach and mouse allergens and mold.



slips and falls

Remove trip hazards, use stools and ladders carefully, and install railings and grab bars for older adults.



hazardous products

Use natural cleaning alternatives and ensure any poisonous products are out of children's reach.

What are the health & safety concerns?



fire safety

Install smoke detectors on every floor and near every bedroom, develop a family escape plan, and keep matches, lighters, and candles out of children's reach.



lead paint hazards

If your home was built before 1978, have it tested by a professional. Have your child's blood lead level tested at age 1 and 2.

You can't see it... but it's there



For their size, children breathe up to twice as much air as adults.

They also drink more water.



When they get harmful chemicals in their bodies, it's a bigger dose compared to adults.

Your housing may increase the risk for injuries and may cause illness.



1. keep it dry



2. keep it dry



3. keep it pest free



4. keep it safe

What are the 8 Principles of a healthy Home?



5. keep it contaminant free



6. keep it well ventilated



7. keep it well maintained



8. keep it thermally controlled



HUD.GOV/HEALTHYHOMES



HUD/OLHCHH also offers many other valuable publications, videos, apps, and important information on our website at www.hud.gov/healthyhomes.

LET'S TREND!

Join us in tweeting and posting to social media all the details about NHHM

Day of the Month	Recommended Tweet or Facebook Post
June 1	First Annual National Healthy Homes Month! Follow the action! @HUDHealthyHomes #HealthyHomesMonth #NHHM2016
June 2	What is a Healthy Home?? Test your knowledge-download the Help Yourself to a Healthy Home app! #HealthyHomesMonth #NHHM2016
June 3	Learn about Healthy Homes, asthma, lead and more, here! #HealthyHomesMonth
June 4	Did you know that your indoor home environment is closely linked to your health? @HUDHealthyHomes #HealthyHomesMonth #NHHM2016
June 5	Teach your family about a Healthy Home! @HUDHealthyHomes #HealthyHomesMonth #NHHM2016
June 6	Studies show that increasing the fresh air supply in a home improves respiratory health. @HUDHealthyHomes #HealthyHomesMonth #NHHM2016
June 7	You can create a healthy home just by changing some of your everyday habits! @HUDHealthyHomes #HealthyHomesMonth #NHHM2016
June 8	The majority of injuries among children occur in the home. Keep your home safe! #HealthyHomesMonth #HealthyHomes #NHHM2016
June 9	Radon is the second main cause of lung cancer in the US. You can't see, smell or taste radon, but it may be a problem in your home! Get the facts: @HUDHealthyHomes #HealthyHomesMonth #NHHM2016
June 10	HUD and NEHA National Healthy Homes Conference-June 13 #HealthyHomesMonth #HealthyHomesConference2016 #NHHM2016
June 11	Lead is very dangerous for anyone, especially children. Ask your pediatrician how to get tested! @HUDHealthyHomes #HealthyHomesMonth #NHHM2016
June 12	A working smoke alarm can cut in half the chance of someone dying in a fire. Make sure to check yours! #HealthyHomesMonth #NHHM2016
June 13	National Healthy Homes Conference! June 13. Follow along! #HealthyHomesMonth #HealthyHomesConference2016 #NHHM2016
June 14	Falls are the leading cause of deadly and non-deadly accidental injuries for people over 65. #HealthyHomesMonth @HUDHealthyHomes #NHHM2016

June 15	Get the Healthy Homes basics! Download the Help Yourself to a Healthy Homes App Now! #HealthyHomesMonth #NHHM2016
June 16	Almost 26 million people in the U.S. are living with asthma today. Learn how to reduce asthma triggers in your home. #HealthyHomesMonth . Click here. #NHHM2016
June 17	Sign up for our free Insider Healthy Homes newsletter at Subscribe here
June 18	@HUDHealthyHomes Mold grows where it's wet. Figure out where the moisture is coming from, or the mold will grow back #HealthyHomesMonth .
June 19	Almost 26 million people in the U.S. are living with asthma today. Learn how to reduce asthma triggers in your home. #HealthyHomesMonth . Click here.
June 20	Take a stand! Keep your home and car smoke-free. Secondhand smoke is a common indoor trigger for asthma attacks #HealthyHomesMonth
June 21	Keep the humidity in your home less than 50%. Use a dehumidifier if your home is too humid! #HealthyHomesMonth
June 22	Read the latest issue of the Inside Healthy Homes newsletter and subscribe here! #NHHM2016
June 23	If you or someone has to clean up mold after a storm, learn proper techniques here . #HealthyHomesMonth @HUDHealthyHomes
June 24	A clean air filter is essential! You should clean or change your air filter every 90 days. @HUDHealthyHomes #HealthyHomesMonth
June 25	Keep pests outside! Seal openings you find outside your home. #HealthyHomesMonth
June 26	Get kids to help control asthma triggers at home! #HealthyHomesMonth Learn about triggers in the home!
June 27	Make Your Home Healthy! Check out the videos to learn how, click here! #NHHM2016
June 28	Get back into your home SAFELY after a natural disaster! For the Disaster Recovery Toolkit and other resources, Click here . #HealthyHomesMonth
June 29	Does your home have mold? Scrub mold off hard surfaces using a scrub brush and a mixture of soap and water #NHHM2016 .
June 30	Find healthy homes resources in your area! Click here . #HealthyHomesMonth

*More tweets will be made available on the NHHM web page www.hud.gov/healthyhomes once more specific events, announcements, and programs are finalized. Please feel free to use suggested tweets as guidance, and tweak as you deem necessary.

OLHCHH Contacts for NHHM

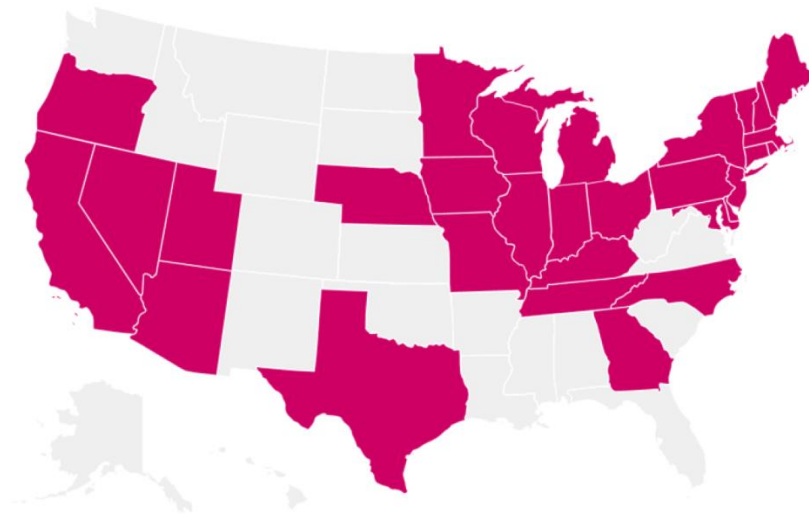
HUD Headquarters:

- Shannon Steinbauer: Shannon.e.steinbauer@hud.gov
- Kitt Rodkey: Clyde.K.Rodkey@hud.gov
- Keara O'Connor: Keara.A.Oconnor@hud.gov
- Mark Sorbo: Mark.F.Sorbo@hud.gov
- Michelle Miller: Michelle.M.Miller@hud.gov

Healthy Homes Field Representatives:

Region	OLHCHH Field Representative	Contact Information
Region 1, MA, ME, NH, VT CT & RI	• Martin Nee	• Martin.j.nee@hud.gov • Office Telephone 617-994-8372
Region 2, NY & NJ	• Sue Horowitz	• Susan.I.Horowitz@hud.gov • Office Telephone 212-542-7411
Region 3, DE, MD, PA & DC, WV	• Ed Thomas	• Edward.A.Thomas@hud.gov • Office Telephone 215-861-7670
Region 3, VA	• Mike McGreevy	• Michael.B.Mcgreevy@hud.gov • Office Telephone 804-822-4832
Region 4, GA, NC, SC, FL, TN, KY, AL & MS (Puerto Rico/US VI)		
Region 6, LA, AR		
Region 5, OH, IL, IN MI, MN & WI	• Paul Diegelman	• Paul.H.Diegelman@hud.gov • Office Telephone 216-522-4058 x7656
Region 6, TX, OK	• Abby Hugill	• abby.d.hugill@hud.gov • Office Telephone 303-672-5165
Region 7, MO, KS, NE & IA		
Region 8, CO, UT, ND, SD, MT & WY		
Region 6, NM	• Karen Griego	• Karen.M.Griego@hud.gov • Office Telephone 505-346-6462
Region 9, CA, HI, AZ & NV		
Region 10, ID, WA, OR & AK		

OLHCHH Lead and Healthy Homes Grantees:



State	City	Region	Project Contact	Email
AZ	City of Phoenix	9	Laura Smith	laura.smith@phoenix.gov
CA	City of Long Beach	9	John Browning	john.browning@longbeach.gov
CA	San Diego Housing Commission	9	Liliana Carocoza	lilianac@sdhc.org
CA	City of San Diego	9	Chris Lee	cjlee@sanidiego.gov
CA	State of California	9	Duane Graves	duane.graves@csd.ca.gov
CA	County of Alameda	9	Dale Hagen	dale.hagen@acgov.org
CA	City of Long Beach	9	Michael Netter	michael.netter@longbeach.gov
CA	City of Huntington Park	9	Maria Torres-Castañeda	mtorres-castaneda@hpcsa.gov
CA	City of Los Angeles	9	Liseth Romero-Martinez	liseth.romero-martinez@lacity.org
CT	City of Norwich	1	Wayne Sharkey	wsharkey@cityofnorwich.org
CT	City of New Haven	1	Jennifer Sanjurjo	jsanjurj@newhavenct.gov
CT	City of Bridgeport	1	Sabine Kuczo	sabine.kuczo@bridgeportct.gov
CT	City of New London	1	Eileen Tedford	etedford@ci.new-london.ct.us
CT	City of Waterbury	1	Francis Ford	ffrod@waterburyct.org
CT	City of New Haven	1	Jennifer Sanjurjo	jsanjurj@newhavenct.gov
CT	State of Connecticut	1	Ronald Kraatz	rkraatz@ccmckids.org
CT	City of Hartford	1	Arlene Robertson	robea002@hartford.gov
CT	State of Connecticut	1	Ronald Kraatz	Pending

DC	District of Columbia	3	Lubna Jamal	lubna.jamal@dc.gov
DE	State of Delaware	3	Har Ming Lau	harming.lau@state.de.us
GA	City of Atlanta	4	John Armour	jarmour@atlantaga.gov
IA	City of Sioux City	7	Bradon Neilson	bneilson@impact7g.com
IA	City of Cedar Rapids	7	Arthur anderson	a.anderson@cedar-rapids.org
IA	City of Marshalltown	7	Michelle Spohnheimer	mspohnheimer@ci.marshalltown.ia.us
IA	City of Sioux City	7	Jill Wandersheid	jmwander@sioux-city.org
IA	City of Dubuque	7	Kim Glaser	kglaser@cityofdubuque.org
IL	Madison County	5	Margaret (Peggy) Dugger	mmdugger@co.madison.il.us
IL	City of Moline	5	Kaye J. Whitley	kwhitley@moline.il.us
IL	St. Clair County	5	Joan Scharf	jscharf@co.st-clair.il.us
IL	City of Kankakee	5	Gloria Dowdy	gjflemming@citykankakee-il.gov
IL	County of Peoria	5	Dale Clarkson	dclarkson@peoriacounty.org
IL	Winnebago County	5	Stephanie Peters	speters@wchd.org
IL	City of Chicago	5	Cynthia Gardner	cynthia.gardner@cityofchicago.org
IN	City of Fort Wayne	5	Jim Atz	james.atz@cityoffortwayne.org
IN	City of South Bend	5	Charles McMannis	charlesmcmannis@sbhaonline.com
KY	Louisville-Jefferson County	4	Nancy Williams	nancy.william@louisvilleky.gov
MA	City of Worcester	1	Tim Hansen	hansent@worcesterma.gov
MA	City of Boston	1	David George	dgeorge.dnd@cityofboston.gov
MA	City of Lawrence	1	Steve Vega	steve_vega@msn.com
MA	City of Lowell	1	Toni Snow	tsnow@lowellma.gov
MA	City of Lynn	1	Jeff Weeden	jweeden@lhand.org
MA	City of Fitchburg	1	Liz Murphy	lizmurphy@fitchburgma.gov
MA	City of Gloucester	1	Emily A. Freedman	efreedman@gloucester-ma.gov
MA	City of Boston	1	Victoria Claiborne	victoria.claiborne@boston.gov
MA	City of Somerville	1	Russell V. Koty	rkoty@somervillema.gov
MA	City of Malden - Redevelopment Authority	1	Wayne Martineau	wmartineau@maldenredevelopment.com
MA	City of Worcester	1	James Brooks	brooksj@worcesterma.gov
MD	Baltimore County	3	David Fielder	dfielder@baltimorecountymd.gov
MD	Baltimore City	3	Shenika Frasier-Kyer	shenika.frasier-kyer@baltimorecity.gov
ME	Maine State Housing Authority	1	Mark Grondin	mgrondin@mainehousing.org
ME	City of Lewiston	1	Jayne Jochem	jjochem@lewistonmaine.gov
MI	Charter County of Wayne	5	Kathleen McElroy	kmcelroy@waynecounty.com
MI	County of Muskegon	5	Victoria Luthy	luthyvi@co.muskegon.mi.us
MI	State of Michigan	5	Carin Speidel	speidelc@michigan.gov
MI	City of Detroit	5	Aida Colon	acolon@detroitmi.gov

MN	City of Duluth	5	Karen Olesen	kolesen@duluthmn.gov
MN	City of Minneapolis	5	Alex Vollmer	alexander.vollmer@minneapolismn.gov
MN	Hennepin County	5	Michael Jensen	michael.a.jensen@co.hennepin.mn.us
MN	Hennepin County	5	Michael Jensen	michael.jensen@hennepin.us
MO	Kansas City Missouri	7	Amy Roberts	amy.roberts@kcmo.org
MO	County of St. Louis	7	Tom Filla	tfilla@stlouisco.com
MO	City of St. Louis	7	William Rataj	ratajb@stlouis-mo.gov
NC	City of Charlotte	4	Diane Adams	dadams@ci.charlotte.nc.us
NC	City of Winston-Salem	4	Billy Caudle	billyjc@cityofws.org
NE	City of Omaha	7	Steve Zivny	steven.zivny@cityofomaha.org
NH	City of Nashua	1	Elineth More	moree@nashuanh.gov
NH	New Hampshire Housing Finance Authority	1	Christine Lavallee	clavallee@nhhfa.org
NH	Manchester (NH)	1	Todd Fleming	tfleming@manchesternh.gov
NV	City of Henderson	9	Gilbert Medina	gilbert.medina@cityofhenderson.com
NY	County of Orange	2	John Ebert	jebert@orangecountygov.com
NY	Erie County (NY)	2	Rebecca Henry	rebecca.henry@erie.gov
NY	Monroe County	2	Paul Hunt	phunt@monroecounty.gov
NY	Broome County	2	Sarah Walker	swalker@co.broome.ny.us
NY	Chautauqua County	2	Mark Stow	stowm@co.chautauqua.ny.us
NY	City of New York	2	Adrienne Washington-Harris	washinga@hpd.nyc.gov
NY	Onondaga County	2	Anthony Mueller	tmueller@ongov.net
NY	City of Schenectady	2	Jaclyn Mancini	jmancini@schenectadyny.gov
NY	City of New York	2	James Hsi	hsij@hpd.nyc.gov
NY	City of Rochester	2	Conrad Floss	flossc@cityofrochester.gov
OH	City of Springfield (OH)	5	Ed Leinasars	eleinasars@springfieldohio.gov
OH	Lucas County Regional Health District	5	Jerry Culkowski	gerard.culkowski@toledo.oh.gov
OH	Mahoning County	5	Dan Martin	dmartin@mahoningcountyoh.gov
OH	State of Ohio	5	Sue Smith	sue@betterhealthyenvironments.com
OH	Summit County	5	Renee Dell	rdell@schd.org
OH	City of Cincinnati	5	Cynthia McCarthy	cynthia.mccarthy@cincinnati-oh.gov
OH	State of Ohio	5	-	Pending
OH	Cuyahoga County	5	Stephanie McConoughney	smconoughey@ccbh.net
OH	City of Columbus	5	Erica Hudson	ejhudson@columbus.gov
OH	City of Cleveland	5	Brian Kimball	bkimball@city.cleveland.oh.us
OH	City of Akron	5	Doug Taylor	dmtaylor@akronohio.gov
OR	City of Portland (OR)	10	Pending	Pending
PA	County of Lawrence	3	Kim Knida	khnida@lccap.org

PA	City of Erie (PA)	3	Aaron Snippet	asnippet@redeveloperie.org
PA	City of Philadelphia	3	Ricardo Frenche	ricardo.frenche@phila.gov
PA	City of Harrisburg	3	Vacant	Pending
RI	Rhode Island H and M Finance Corporation	1	John Eastman	jeastman@rhodeislandhousing.org
RI	City of Providence	1	Paula Baron	pbaron@providenceri.com
RI	The Providence Plan	1	Pending	jstewart@provplan.org
TN	City of Knoxville	4	Todd Kennedy	tkennedy@cityofknoxville.org
TN	Shelby County	4	Scott Walkup	scott.walkup@shelbycountyttn.gov
TN	City of Memphis	4	Tavita Conway	tavita.conway@memphistn.gov
TN	City of Memphis	4	Marticus Muhammad	marticus.muhammad@memphistn.gov
TX	City of Austin	6	Letitia Brown	letitia.brown@austintexas.gov
TX	County of Harris	6	Pending	Pending
TX	City of San Antonio	6	Myrna Esquivel	myrna.esquivel@sanantonio.gov
TX	City of Houston	6	Maryann Barthelemy	mbarthelemy@houstontx.gov
TX	City of Fort Worth	6	John Cain	john.cain@fortworthtexas.gov
TX	City of Houston	6	Velva Martinez	velva.martinez@houstontx.gov
UT	Salt Lake County	8	Randy Jepperson	rjepperson@slco.org
VA	City of Roanoke	3	Ann Billings	ann.billings@roanokeva.gov
VT	Vermont Housing and Conservation Board	1	Marc Companion	marc@vhcb.org
VT	City of Burlington	1	Jeff Tanguay	jtanguay@burlingtonvt.gov
VT	Vermont Housing and Conservation Board	1	Ron Rupp	rrupp@vhcb.org
WI	County of Rock	5	Carrie Clark	clarkc@ci.janesville.wi.us
WI	Social Development Commission	5	Ofelia R. Mondragon	omondragon@cr-sdc.org
WI	City of Milwaukee	5	Lisa Lien	llien@milwaukee.gov
WI	Kenosha County	5	Gregory Vogel	gregory.vogel@kenoshacounty.org